WHAT IS CLAIMED:

1. A vehicle steering head comprising:

a support tube adapted to be fixed to a frame;

a connecting member adapted to connect a wheel fork to a handlebar;

a mechanism which limits the rotational movement of the connecting member in each of two directions;

an upper bearing support mounted to an upper end of the support tube; and

a lower bearing support mounted to a lower end of the support tube,

the connecting member being rotatably mounted to the support tube via the upper and lower bearing supports;

wherein the mechanism and the lower bearing support cooperate to limit the rotational movement of the connecting member.

2. The steering head of claim 1, wherein the upper and lower bearing supports are each non-rotatably fixed to the support tube.

3. The steering head of claim 1, wherein the lower bearing support comprises at least one stop surface.

4. The steering head of claim 3, wherein the lower bearing support comprises two stop surfaces.

5. The steering head of claim 1, wherein the mechanism comprises at least one stop surface.

6. The steering head of claim 5, wherein the mechanism comprises two stop surfaces.

7. The steering head of claim 1, wherein the mechanism comprises a linkage element having at least one stop surface.

8. The steering head of claim 7, wherein the linkage element rotates with the connecting member.

9. The steering head of claim 7, wherein the linkage element is arranged on a mudguard.

10. The steering head of claim 1, wherein the connecting member is cylindrically shaped.

11. The steering head of claim 1, further comprising a handlebar connected to one end of the connecting member and a wheel fork connected to another end of the connecting member.

12. A vehicle steering head comprising:

a support tube adapted to be fixed to a frame;

a cylindrical member adapted to connect a wheel fork to a handlebar;

the cylindrical member being rotatable with respect to the support tube;

a recessed portion comprising first and second stop surfaces;

a projecting portion configured to move within the recessed portion and comprising first and second stop surfaces,

wherein contact between the first stop surfaces of the projecting portion and the recessed portion limits the rotation of the cylindrical member in one direction, and

wherein contact between the second stop surfaces of the projecting portion and the recessed portion limits the rotation of the cylindrical member in another direction.

13. The steering head of claim 12, further comprising:

a linkage element that includes the projecting portion and that rotates with the cylindrical member; and

a lower bearing support which includes the recessed portion.

14. The steering head of claim 13, wherein the linkage element is coupled to a mudguard.

15. A vehicle steering head comprising:

a support tube adapted to be fixed to a frame;

a connecting element adapted to connect a wheel fork to a handlebar;

the connecting element being rotatably mounted to the support tube via upper and lower bearing supports;

a rotatably mounted linkage element comprising at least two stop surfaces;

the linkage element engaging the lower bearing support;

a mudguard that rotates with the linkage element;

one of the at least two stop surfaces limiting the rotation of the connecting element in one direction; and

another of the at least two stop surfaces limiting the rotation of the connecting element in another direction.

16. A vehicle steering head comprising:

a support tube adapted to be fixed to a frame;

a connecting member adapted to connect a wheel fork to a handlebar;

the connecting element being rotatably mounted to the support tube via upper and lower bearing supports;

a system which limits the rotational movement of the fork member in each of two directions,

wherein the system includes a projecting part and a recessed part which is configured to receive the projecting part, and

wherein recessed part is non-rotatably mounted and wherein the projecting part rotates with the connecting member.

17. A vehicle steering head comprising:

a support tube adapted to be fixed to a frame;

a connecting element adapted to connect a wheel fork to a handlebar;

the connecting element being rotatably mounted to the support tube via upper and lower bearing supports;

a mechanism that is rotatable and comprises at least two stop surfaces;

the mechanism engaging with the lower bearing support;

one of the at least two stop surfaces limiting the rotation of the connecting element in one direction; and

another of the at least two stop surfaces limiting the rotation of the connecting element in another direction.

18. The vehicle steering head of claim 17, further comprising a device that engages the mechanism to prevent movement thereof.

19. The vehicle steering head of claim 18, wherein the device that engages the mechanism comprises a pin.

20. The vehicle steering head of claim 17, wherein the lower bearing support comprises at least two stop surfaces that are engagable with the at least two stop surfaces of the mechanism.

21. A vehicle steering head comprising:

a support tube adapted to be fixed to a frame;

a connecting element adapted to connect a wheel fork to a handlebar;

the connecting element being rotatable with respect to the support tube;

a movable locking member which engages with an opening to prevent rotational movement of the connecting element and which disengages from the opening to allow rotational movement of the connecting element;

a first stop surface limiting the rotation of the connecting element in one direction; and

a second stop surface limiting the rotation of the connecting element in another direction.

22. The vehicle steering head of claim 21, wherein the first and second stop surfaces move with a mudguard.

23. The vehicle steering head of claim 21, wherein the first and second stop surfaces are disposed on a mudguard.

24. The vehicle steering head of claim 21, wherein the opening rotates with the connecting element.

25. The vehicle steering head of claim 21, wherein the movable locking member comprises a pin.

26. The vehicle steering head of claim 21, wherein the first and second stop surfaces moveably engage two stop surfaces which do not move.

27. The vehicle steering head of claim 21, further comprising a lower bearing support that comprises the two stop surfaces which do not move, wherein the two stop surfaces which do not move engage the first and second stop surfaces.

28. A vehicle steering head comprising:

a support tube adapted to be fixed to a frame;

a connecting member adapted to connect a wheel fork to a handlebar;

the connecting member being rotatable with respect to the support tube; and

a system which limits the rotational movement of the fork member in each of two directions;

the system including one part which is non-rotatably mounted to the support tube and another part which rotates with the connecting member,

wherein the one part is a projection and the another part is a guiding recess within which the projection is moves.

29. A vehicle steering head comprising:

a support tube adapted to be fixed to a frame;

a cylindrical member adapted to connect a wheel fork to a handlebar;

the cylindrical member being rotatably mounted to the support tube; and

a system which limits the rotational movement of the cylindrical member in each of two directions, the system including one part which is non-rotatably mounted to the support tube and another part which rotates with the cylindrical member; and

a locking system comprising a pin and an opening configured to receive the pin;

the pin being configured to move in a direction which is parallel to an axis of the support tube; and

the opening being configured to rotate with the cylindrical member,

wherein, when the pin engages the opening, the cylindrical member is prevented from rotating, and

wherein when the pin does not engage the opening, the cylindrical member is free to rotate in each of two directions.

30. A vehicle steering head for one of a bicycle or a tricycle having a frame, said steering head comprising:

a support tube adapted to be fixed to the frame;

a lower bearing support non-movably mounted to the support tube;

a connecting element adapted to connect a wheel fork to a handlebar;

the connecting element being rotatable with respect to the support tube;

a mechanism that limits rotational movement of the connecting element;

the mechanism comprising at least two stop surfaces which engage with first and second stop surfaces of the lower bearing support;

one of the at least two stop surfaces limiting the rotation of the connecting element in one direction; and

another of the at least two stop surfaces limiting the rotation of the connecting element in another direction.

31. The vehicle steering head of claim 30, wherein the mechanism is coupled to a mudguard.

32. The vehicle steering head of claim 30, further comprising a device that engages the mechanism to prevent movement thereof.

33. The vehicle steering head of claim 32, wherein the device that engages the mechanism comprises a pin.

34. A vehicle steering head for a bicycle or a tricycle having a frame, comprising:

a support tube fixed to the frame;

a connecting element adapted to connect a wheel fork to a handlebar;

the connecting element being configured to rotate with respect to the support tube;

a mechanism that limits rotational movement of the connecting element;

the mechanism comprising at least two stop surfaces;

one of the at least two stop surfaces limiting the rotation of the connecting element in one direction;

another of the at least two stop surfaces limiting the rotation of the connecting element in another direction; and

a locking system that prevents rotational movement of the connecting element,

the locking system comprising a movable engaging member and an opening that can receive the engaging member and which can move with the connecting element.

35. The vehicle steering head of claim 34, wherein the engaging member can move between a first position that allows the connecting element to rotate in each of two directions and a second position wherein the connecting element is prevented from rotational movement in each of the two directions.

36. The vehicle steering head of claim 34, wherein the engaging member can move from a first position to a second position, wherein, in the first position, the connecting element can rotate in each of two directions and wherein, in the second position, the engaging member enters the opening and the connecting element is prevented from rotational movement in each of the two directions.